

Wellbeing Resources for Parents/Carers During Admission on the Ward

Managing parent/carers wellbeing



Recognising
difficult feelings



How do I
manage stress



What can I do if I feel
low or depressed



How do I manage
anxiety and worry

Supporting your children



What can me and my
baby do together in
hospital



How do I bond with
my baby in
intensive care



Helping your child cope
with their worries when
coming into hospital



How do I cope
when my child is
in hospital



My child's behaviour
has changed



How do I help my
child's siblings cope



How do I talk to my child
about their chronic life
limiting illness

Webinars



Supporting your
child coming into
hospital



Managing the impact of
a cardiac condition for
parents



Supporting siblings of a
child with a heart
condition



Mindfulness

To use the QR codes

1. Open your device's camera or download a free QR code reader
 2. Point your camera at your chosen QR code
 3. The link should open up as a pop up!
- Try it on the code to the right to visit the SWSW CHD Network website.

